

Chikungunya and Dengue: Border MESSAGES

Audience: Border Crossers Entering the United States from Mexico

- 1) Mosquitoes can spread diseases like chikungunya and dengue, which makes you sick.
- 2) Do you have a fever with joint, muscle, or eye pain, or a rash?
- 3) See a doctor/healthcare provider as soon as possible.

Audience: U.S. Border Residents

Mosquitoes spread diseases like chikungunya and dengue that can make you or a family member sick. Protect everyone from mosquito bites.

- 1) Keep mosquitoes from laying eggs in and around your home. Mosquitoes breed in containers with standing water.
 - Once a week, empty and scrub, turn over, cover, or throw out any item that holds water, such as tires, buckets, planters, toys, pools, birdbaths, or trash containers. Check inside and outside your home.
- 2) Protect yourself and your family from mosquito bites. Mosquitoes that spread chikungunya and dengue bite during the day. These mosquitoes live inside and outside.
 - Wear long-sleeved shirts and long pants.
 - Keep mosquitoes out of your home. Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside.
 - Use insect repellent*. Always follow the label instructions.

Do you have a fever with joint, muscle, or eye pain, or a rash? It could be chikungunya or dengue.

If you think you are sick with chikungunya or dengue:

- See your doctor/healthcare provider as soon as possible.
- Talk to your doctor/healthcare provider about whether you can take medicines for pain and fever. Some pain relief medicines can be dangerous if you have dengue.
 - Take acetaminophen (like Tylenol®) for fever and pain until your doctor confirms that you do not have dengue.
 - Avoid ibuprofen (like Advil® and Motrin®), aspirin, or aspirin-containing drugs.
- Call your local health department at 1-xxx-xxx-xxxx to report your illness.

If you are sick with chikungunya or dengue, protect your family from getting sick. Don't let mosquitoes bite you!

- During the first week of being sick, a mosquito that bites you can then bite a family member or neighbor and make them sick.
- Protect yourself from mosquito bites:
 - Wear long-sleeved shirts and long pants.
 - Keep mosquitoes out of your home. Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside.
 - Use insect repellent*. Always follow the label instructions.

***FOR PROTECTION AGAINST TICKS AND MOSQUITOES:** Use a repellent that contains 20% or more **DEET** for protection that lasts up to several hours. Products containing DEET include Off!, Cutter, Sawyer, and Ultrathon.

***FOR PROTECTION AGAINST MOSQUITOES ONLY:** Products with one of the following active ingredients can also help prevent mosquito bites. Higher percentages of active ingredient provide longer protection.

- **DEET** (Products containing DEET include Off!, Cutter, Sawyer, and Ultrathon)
- **Picaridin** (also known as KBR 3023, Bayrepel, and icaridin. Products containing picaridin include Cutter Advanced, Skin So Soft Bug Guard Plus, and Autan [outside the US])
- **Oil of lemon eucalyptus (OLE)** or **PMD** (Products containing OLE include Repel and Off! Botanicals)
- **IR3535** (Products containing IR3535 include Skin So Soft Bug Guard Plus Expedition and SkinSmart)